



INSTRUCTIONS: Please date the document and complete the questions. Once you have completed the course, please date it again and witness to what degree your answers have evolved.

SERIES OF THOUGHT REFLECTIVE QUESTIONS

1. ARE WE FREE TO DESIGN OUR OWN BELIEFS?

2. DO WE NEED THE VALIDATION OF OUR CONVICTIONS?

A) If yes, from who?

B) If no, why not?

3. ARE OUR PAINFUL EXPERIENCES OF LIFE AN ASSET OR LIABILITY?

Asset?

Liability?

Asset because they

Liability because they

i. Create freedom

i. Create pain

ii. Create strength

ii. Create limitations

iii. Other

iii. Other

4. IS SUFFERANCE:

☐

A necessity?

☐

A choice?

5. IS HEALING ALL WOUNDS

☐

A necessity?

☐

A choice?

☐

Impossible?

6. OPINIONS OF OTHERS

☐

Hold high value

☐

Don` t matter

☐

Affect me deeply

☐

Depends who

7. IF I COULD CHOOSE TO, I WOULD

☐

Be invisible

☐

Magically change other`s opinions

☐

Live and let live

8. WHAT I BELIEVE ABOUT NO 7 IS...

9. DO I GIVE FREEDOM, OR DO I JUDGE PEOPLE?

10. I GIVE FREEDOM IN...

11. I JUDGE IN....